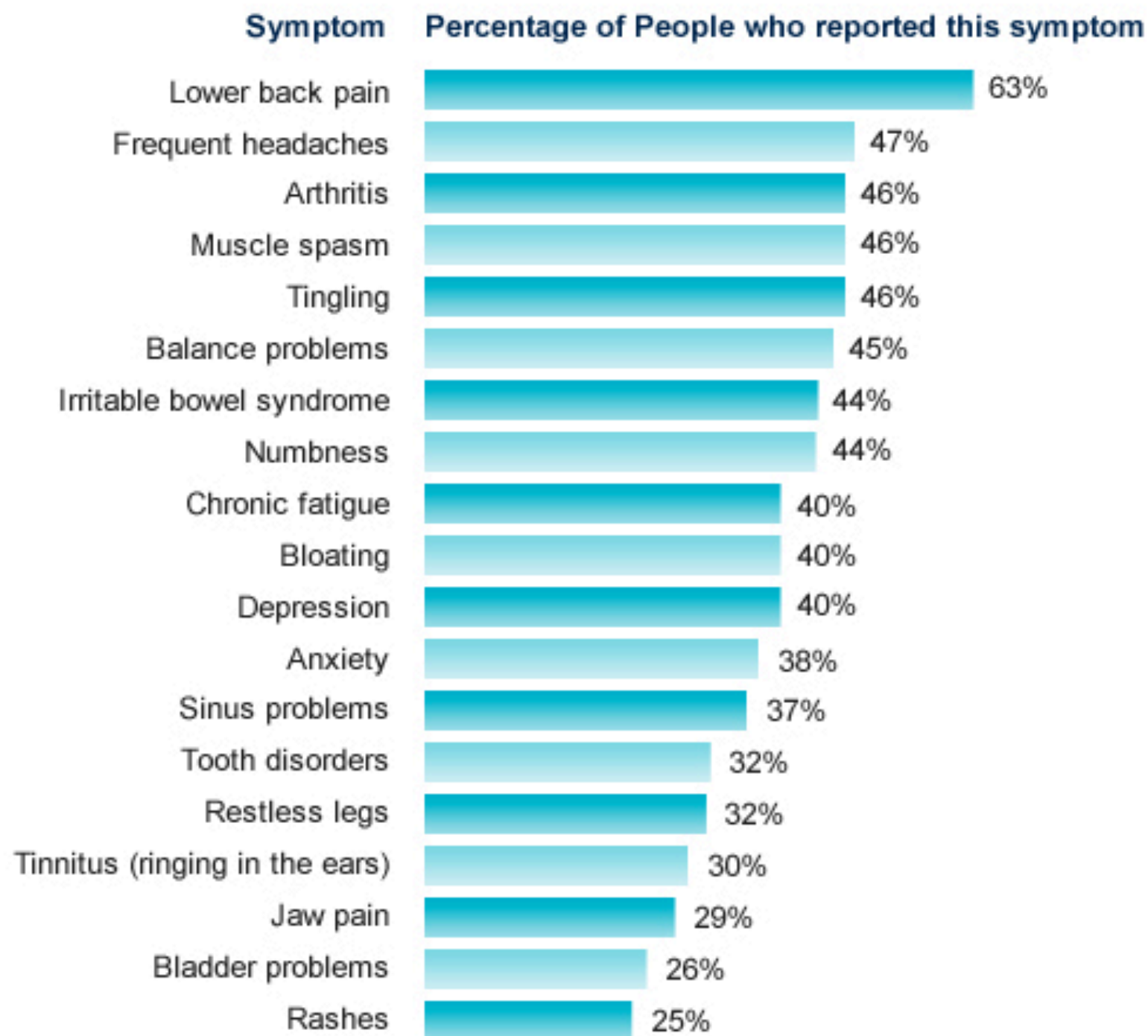


WHAT YOU MAY NOT KNOW ABOUT

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# FIBROMYALGIA & YOUR DIET

# THE FACTS



# WHAT CAN DIET DO FOR YOU?

- ▶ Reduce:
  - ▶ Fatigue
  - ▶ Muscle pain
  - ▶ Headaches
  - ▶ IBS
  - ▶ Muscle spasms
  - ▶ Bloating
  - ▶ Depression
  - ▶ Anxiety





WHAT DO WE KNOW?

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**PROVEN DIET  
TECHNIQUES**



# AVOID

- ▶ Obvious choices:
  - ▶ Junk Food
  - ▶ Alcohol
  - ▶ High salt/sugar content
  - ▶ Aspartame: drinks, yogurts, frozen food \*use sucralose
  - ▶ Caffeine: if you must, do so in the morning



# ADD

- ▶ Fruits and Veggies: low in calories, high in fiber, and rich in antioxidants and phytochemicals.
- ▶ Omega-3: cold-water fish and walnuts is believed to have anti-inflammatory properties
- ▶ Lean protein: Reducing your carb intake and packing more protein into your diet can keep blood glucose levels from fluctuating, which can trigger fatigue.





WHAT ELSE?

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**SUPPLEMENTS**

# SUPPLEMENTATIONS

- ▶ Studies are conflicting, however side effects and medication interactions are rare
- ▶ 5-HTP (building block of serotonin) may help to increase deep sleep and reduce pain
- ▶ Melatonin (natural hormone) may help improve sleep patterns
- ▶ SAM-e (increase serotonin and dopamine) may help reduce depression and increase restful sleep
- ▶ Magnesium+calcium may help increase bone density and reduce spasms \*magnesium malate may be best tolerated (5)
- ▶ Others: Iodine in the form of either kelp or potassium iodide drops, selenium from eating two or three raw Brazil nuts daily, turmeric, copper, and as much as 7,000 IU Vitamin D3 daily have been shown to help reduce various symptoms



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# SUPPLEMENT DISCLAIMER

- ▶ Talk to your doctor or pharmacist about possible side effects or herb-drug interactions
- ▶ Not recommended for pregnant women, children, the elderly, or those with weakened immune systems
- ▶ Some may have sedative or blood-thinning qualities, which may dangerously interact with anti-inflammatory painkillers or other pain medications
- ▶ Others may cause stomach upset if taken in large doses

THERE ARE NO STUDIES THAT  
**STRONGLY** SUPPORT EVIDENCE  
OF A “FIBROMYALGIA DIET”

Me . . . at this moment



WHAT ARE YOUR OPTIONS?

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**DIETS LINKED TO FIBROMYALGIA  
MANAGEMENT**

# MEDITERRANEAN

- ▶ The diet emphasizes foods with healthy fats – including those containing omega-3 fatty acids – plus other foods that support a heart-healthy diet
- ▶ This diet is rich in fruits and vegetables, whole grains, seafood, nuts and legumes, and olive oil
- ▶ Mediterranean diets also tend to be low in red meat, and include moderate amounts of yogurt and cheese as dairy products.
- ▶ Benefits: heart healthy, cancer prevention, and manage blood sugar



# FODMAP

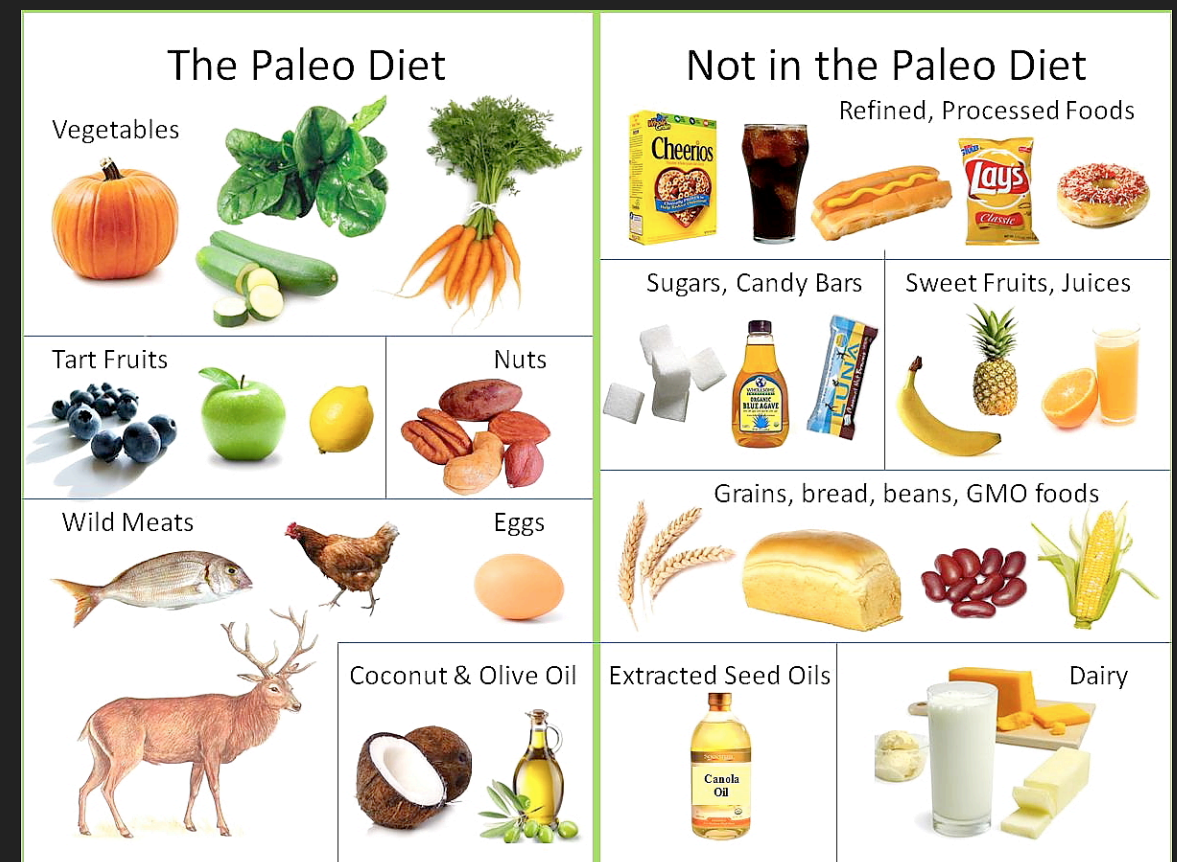
- ▶ The acronym FODMAP stands for Fermentable, Oligosaccharides, Disaccharides, Monosaccharides And Polyols
- ▶ These are incompletely absorbed in the gastrointestinal tract and can be easily fermented by gut bacteria
- ▶ Lactose from dairy products, fructose from certain fruit, coconut products, and sweeteners, fructans from fibrous vegetables, and polyols from fruit and sugar alcohols are all rich in FODMAPs
- ▶ Multiple studies linking reduction in FODMAP foods and decreased symptoms from IBS

# VEGETARIAN/VEGAN

- ▶ A plant-based diet holds promise for helping people with fibromyalgia manage pain and other symptoms, several studies show
- ▶ In terms of reducing pain and other fibromyalgia symptoms, "Vegetarian diets could have some beneficial effects."
- ▶ Patients with fibromyalgia who ate vegan experienced less pain and joint stiffness, and a better night's sleep, a study found

# PALEO

- ▶ Eliminate gluten, grains, junk food, as well as nightshade vegetables (tomatoes, eggplant, peppers, and potatoes)
- ▶ Some symptoms may be completely erased with the Paleo diet. Others will require a “reverse elimination diet,” where a food is added back, and reactions are noted over a week’s time before adding a new food.
- ▶ Reported benefits:
  - ▶ Thyroid and upper respiratory issues reduced
  - ▶ Insulin levels balanced
  - ▶ More energy and less fatigue
  - ▶ Less leg pain, joint pain, and body aches
  - ▶ Environmental allergies/brain fog gone
  - ▶ Desired weight loss
  - ▶ Able to get off prescription drugs



# FIND YOUR SENSITIVITIES

- ▶ MSG
- ▶ Preservatives
- ▶ Shellfish
- ▶ Nuts
- ▶ Eggs
- ▶ Gluten
- ▶ Dairy



- ▶ "42% of fibromyalgia patients said their symptoms worsened after eating certain foods, according to *Clinical Rheumatology*."



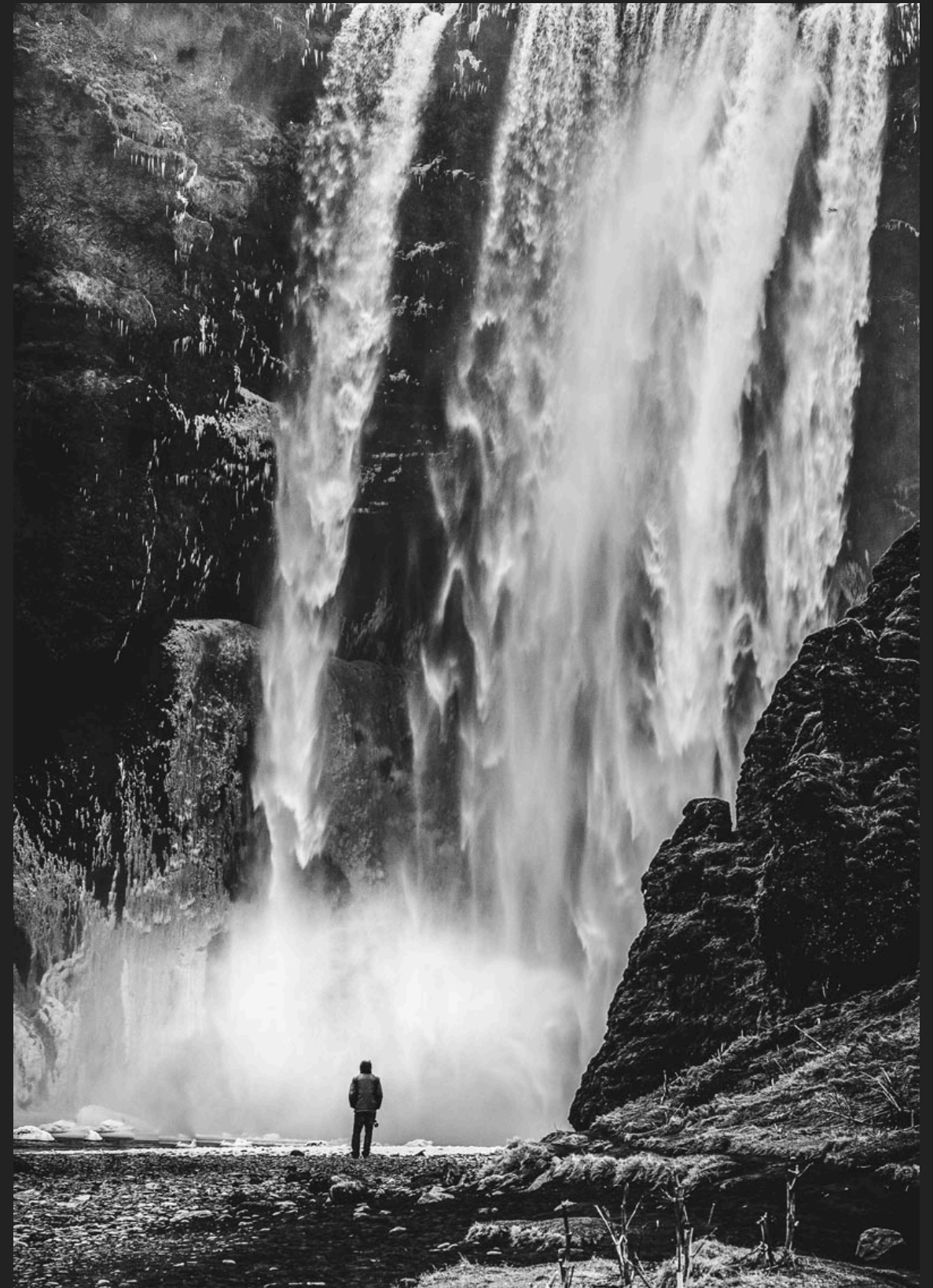
# START A FOOD DIARY

- ▶ 2 weeks
- ▶ Write down everything
- ▶ Write about adverse symptoms only
- ▶ Headache, indigestion, fatigue, etc...
- ▶ Find sensitive foods and eliminate for 6-8 weeks
- ▶ Reintroduce and monitor symptoms
- ▶ Dairy and gluten are most common culprits

DAY/DATE:		WEATHER/TEMP:		BODY TEMP:	
MEAL	FOODS EATEN:		HOW PREPARED?:	ANY REACTION?:	
Breakfast: Time:					
Snack: Time:					
Lunch: Time:					
Snack: Time:					
Supper: Time:					
Snack: Time:					

# THE BIG PICTURE

- ▶ No one is the same
- ▶ No diet is foolproof
- ▶ Trial and error
- ▶ Be patient (8-10 months)
- ▶ Healthy = Happy
- ▶ Consult a doctor/nutritionist
- ▶ I am neither!




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# HELPFUL HINTS

- ▶ Not always easy to cook like a gourmet chef
- ▶ Buy pre-washed/cut veggies
- ▶ Buy pre-prepared food at the deli (beet salad or quinoa)
- ▶ Eat smaller meals more frequently for increased energy
- ▶ Keep protein on you at all times
- ▶ Eat breakfast!
- ▶ Get enough sleep and STAY ACTIVE





**“I BELIEVE THAT  
FOOD IS  
MEDICINE...  
EVERYTHING WE  
EAT HAS AN  
EFFECT ON US.”**

**–Jan Chambers, president of the National  
Fibromyalgia and Chronic Pain Association**



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